



August 24, 2020

The Honorable Martha McSally
Senator from Arizona
404 Russell Senate Office Building
Washington, DC 20510

Dear Senator McSally,

On behalf of the 2.2 million members of AMAC – Association of Mature American Citizens, including over 67,542 residing in the state of Arizona, I write to offer our support for S. 3235, the *Veterans Posttraumatic Growth Act*.

As an organization comprised of many veterans of America's armed forces, AMAC is vested in ensuring that they are able to take advantage of all the benefits they have rightfully earned as a result of their service to our country. These brave patriots who have sacrificed so much for our freedoms, deserve all the assistance we can provide for them.

S. 3235 requires the Department of Veterans Affairs (VA) to conduct a pilot program to study the benefits of non-profit post-traumatic growth programs compared to traditional mental health therapies. Post-traumatic growth therapy focuses on addressing numerous factors in a person's life such as family, jobs, relationships, and financing, providing a more holistic approach to therapy beyond traditional mental health options. Your bill works to give veterans the best care possible that fits their specific needs instead of taking a one-size-fits-all approach.

Thank you, Senator McSally, for sponsoring bipartisan legislation that has an enormous impact on improving mental health care for our nation's heroes. As our nation's mental health crisis continues rising to epidemic levels, innovative approaches to combat both PTSD and veteran suicide are going to be critical in finding common-sense solutions. AMAC is proud to join other veterans' groups like Boulder Crest, in offering our organization's full support for S. 3235, the Veterans Posttraumatic Growth Act.

Sincerely,

A handwritten signature in black ink that reads "Bob Carlston". The signature is written in a cursive, flowing style.

President, AMAC Action